

FORGING THE FUTURE:



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Friday FACTS

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"Leadership, Partnership, and Championship"

Put Prevention Into Practice Workshops

The message is simple: delivering evidence-based clinical preventive services to keep people healthy saves lives. Three continuing medical education workshops on implementing the Put Prevention Into Practice (PPIP) program will be held this fall at the national health professional meetings listed below. Workshop participants will learn step-by-step strategies to incorporate clinical preventive services easily and effectively into routine patient care. Each workshop attendee will receive a free copy of the PPIP resource, *A Step-by-Step Guide to Delivering Clinical Preventive Services: A Systems Approach*. For more information on AHRQ's prevention program, visit <http://www.ahrq.gov/clinic/prevenix.htm>.

October 10, 2002

Session T27

11:30 - 12:20

American College of Nurse Practitioners: National Clinical Symposium
Albuquerque, NM

<http://www.nurse.org/acnp/>

October 19, 2002

Session #214

8:00-11:00 a.m.

American Academy of Family Physicians: Scientific Assembly
San Diego, CA

<http://www.aafp.org/assembly.xml>

November 23, 2002

Session S19

3:15 - 4:45 p.m.

Society of Teachers of Family Medicine
24th Annual Conference on Patient Education
Ft. Lauderdale, FL

http://www.stfm.org/cal_pe.htm

Navy Mental Health Network

The Bureau of Medicine Mental Health Advisory Board has established a website <https://bumed.med.navy.mil/MentalHealth>. The site offers mental health information on a variety of topics, access to resources, policies and instructions, brochures and more!

NEHC Command Excellence in Health Promotion Award Updates

Updates to the Year 2003 NEHC Command Excellence in Health Promotion Award criteria are still being developed and will be released as soon as they are finalized. A notice will appear in the Friday Facts and they will be posted on the NEHC HP website as soon as they are ready for release.

Overuse injuries associated with hobbies

Hobbies are things that you do for fun — ways to unwind and spend your free time. Some yearn for higher-risk activities, such as sky diving or bungee jumping. Others are content with seemingly sedate pastimes, perhaps knitting or playing a musical instrument.

But doing your hobby in your living room doesn't free you from risk of injury. Some activities that seem low-key can — if done improperly or too frequently — lead to injuries of the wrists and hands.

Potential culprits include playing a musical instrument or video games, knitting, needlepoint, quilting or sculpting. But it isn't the specific activity that causes the problem. Many people knit or play the flute, for example, without ever sustaining an injury. The problem occurs when an activity that involves unnatural positions of your body or hands is done in a repetitive fashion for long periods of time. For additional information visit: <http://www.mayoclinic.com/invoke.cfm?id=AR00020>

"Don't be afraid your life will end. Be afraid that it will never begin." -Grace Hansen